

# Parmesan Chicken with Spaghetti

## Ingredients

- 2-1/2 tbsp onions
- 1 tsp garlic
- 2-2/3 cups tomato sauce, low sodium
- 1/2 cup tomato paste, no salt added
- 1/2 tsp pepper
- 1/3 cup oregano
- 1 tsp thyme
- 15-1/2 oz whole grain spaghetti noodles
- 10-1/4 cups water
- 4 whole grain breaded chicken breasts
- 2-1/2 tbsp parmesan cheese, fat free
- 1 cup shredded mozzarella cheese, low fat

## Notes

**Number of Portions:** 4

**Serving Size:** 1 cup

**Nutrition Facts:** 795 calories, 21.05 g fat, 5.46 g saturated fat, 766 mg sodium, 118.28 g carbohydrate, 19.58 g fiber, 10 g sugar, 42.73 g protein

## Directions

1. Mince onions and garlic and cook on medium heat until onions start to turn translucent, about 1 minute.
2. Add tomato products and herbs and simmer for 25 minutes. Adjust taste with more herbs if needed.
3. Cook spaghetti in boiling water for 7-10 minutes. Pasta should be tender but not mushy.
4. Place chicken breasts on a 9 x 13 inch tray lined with parchment paper and bake in 350° F oven for 15 minutes or until internal temperature reaches 165° F.
5. Remove from oven and sprinkle with parmesan and mozzarella cheese. Place back in oven for a few minutes to melt cheese.
6. Mix together pasta and tomato sauce. To serve, place 1 cup of pasta on each plate and top with chicken breast.